

TIPS FOR TALKING WITH MEDICAL PERSONNEL

- ◆ Ask doctors, nurses and others, questions you have about any area of your child's care; also ask them to clarify if you don't understand their jargon.
- ◆ If you wish to ask sensitive questions and your child or other people are present, ask to speak in private if it makes you feel more comfortable.
- ◆ Keep in mind your right to ask questions. If you have many complex questions, however, you may wish to arrange a separate appointment when there will be times to discuss them in detail.
- ◆ Bring out, and ask professionals to bring out, any positive progress your child has made. This approach can be helpful to you and your child. Medical situations are often oriented toward problem. Sometimes progress and development tend not to be emphasized.
- ◆ Ask, if you don't know, what the next logical areas for change and progress might be.
- ◆ Find someone involved with your child's care whom you respect and can talk to - knowledge as well as personality is important.
- ◆ Consider asking all of your child's specialists to meet together with you at some point to discuss progress, future goals and plans.
- ◆ Search for information; read anything you can find on the topic, write to anyone who has information, ask those who work with your child if they know of any relevant articles that could help you understand your child's disability.
- ◆ Between visits, make a list of questions that occur to you; sometimes they are hard to remember later.
- ◆ If your child is old enough, make a list of any questions your child may have. This is one good way to reinforce your child's role in his/her own care.